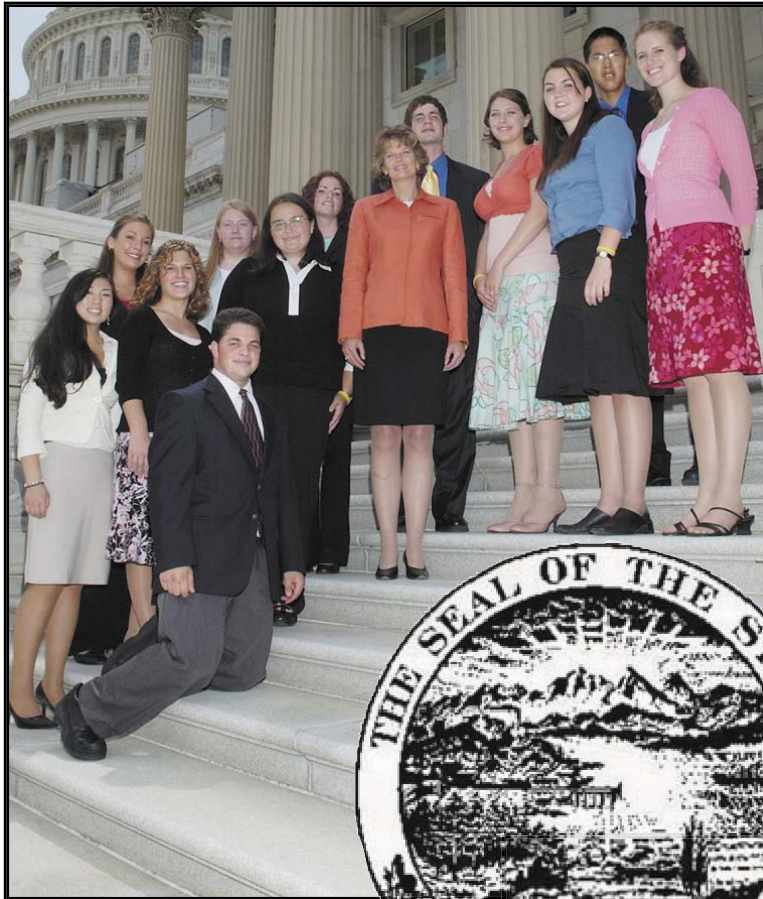


# The Internal Noise



# First Session Interns

June 4 - July 1, 2005



Standing (from left): Nina Eliassen of Anchorage; Tracy Welch of Petersburg; Cindy Say of Anchorage; Heather Sheldon of Palmer; Lizzie DeYoung of Anchorage; Kim Copadis of Anchorage; Rocki Hanscom of Fairbanks; Melissa Aspelund of Anchorage. Sitting (from left): Casey Anderoson of Eagle River; Jeffrey Phillip of Tulusak.

ROCKI HANSCOM

Fairbanks  
*My Intern Family*

CINDY SAY

Anchorage  
*Second Times a CharM*

NINA ELIASSEN

Anchorage  
*The United States Capitol*

KIM COPADIS

Anchorage  
*Adrenaline Rush*

TRACY WELCH

Petersburg  
*Small Town Girl Goes to the City*

CASEY ANDERSON

Eagle River  
*Where Do I Begin?*

JEFFREY PHILLIP

Tulusak  
*Achieved My Goal*

HEATHER SHELDON

Palmer  
*Objective Completed*

LIZZIE DEYOUNG

Anchorage  
*A Series of Unfortunate Events*

MELISSA ASPELUND

Anchorage  
*My New Perspective*



# Second Session Interns

July 9 - August 6, 2005



*Megan Gregory of Kake, Shana Kim of Anchorage, Katherine Senter of Anchorage, Andrew Gully of Fairbanks, Luke Duddy of Anchorage, Haley Leder of Fairbanks, Alexei Painter of Juneau, Ted Madsen of Anchorage, Melissa Falcone of Anchorage, and Katelyn Baldwin of Wasilla enjoy a group meal and get to know one another at TGIF*

MELISSA FALCONE

Anchorage  
*Senator Stalking 101*

ALEXEI PAINTER

Anchorage  
*Nominations and Excitement*

MEGAN GREGORY

Kake  
*Shadows and Flashes*

KATIE SENTER

Anchorage  
*Duality in the Capitol*

KATELYN BALDWIN

Wasilla  
*Chilling in the District*

ANDREW GULLY

Fairbanks  
*A Capitol Experience*

SHANA KIM

Anchorage  
*A Rude Awakening*

HALEY LEDER

Fairbanks  
*Preparation for the Future*

TED MADSEN

Anchorage  
*Shadowing the Senator*

LUKE DUDDY

Anchorage  
*The Day to Day Work*

*Staff Intern Coordinator - Bekki Johannes*

*College Intern Coordinators - Rachel Cramer and Ryan Cherry*

# My Intern Family

**By: Rocki Hancom**

## First Session

**T**he beginning of my experience started with a series of phone calls and emails from my intern coordinators, Ryan and Rachel.

My roommate and I started contacting each other right after we received our assignment list. I told her about my plan to bring as little as possible and buy everything there. We talked about issues such as: breakfast foods, pots and pans, and other relating subjects.

I, however, wanted to know more about Kimberly as a person, so I emailed her asking for the "411" on her life. I expected an email with a typical list of her interests and personality traits. But the email I received was a little more detailed than I expected. It went something like this:

*Rocki,*

*I am such a girly-girl. I love shopping, especially at Nordstrom. My mom worked at Nordstrom for 15 years and became a flight attendant when I was in 5th grade. I am half Greek. Have you seen or heard about the movie 'My Big Fat Greek Wedding?' Because, that is pretty much my life. I love to eat!!! I am not shy about eating. I am graduating from Dimond High School with honors. I'm sure we'll have lots of fun!!!! And you seem really awesome!!! I can't wait to meet you!!! Let me know some 411 information about you too!!! OK I'm gonna go to bed now!!! Lots of Love,  
~Kimberly~Elizabeth~*



*Cindy, Tracy, Rocki, Heather, Kim, and Rachel enjoying good food and good company at the BP Conservation Awards event.*

After reading this lovely and descriptive email, I knew I was in for an interesting experience. The first time I saw any of the other interns was when we were boarding our flight at the Anchorage Airport.

Here are some of my first memories of my fellow roommates; a curly blonde haired timid looking girl reading a book in the airport (Lizzie), a chatty girl with glasses talking to everyone on the plane (Heather), a sweet looking blonde haired girl conversing with the girl who talked alot (Cindy), a cute tall girl who passed by me on the airplane (Melissa), a short curly haired girl receiving instructions from her dad about her luggage while boarding the plane (I found out later that this was my roommate, Kim), a happy looking

girl with dark hair who went straight to sleep on the flight (Nina). When we got off the plane in D.C. we were greeted by our intern coordinators with a homemade sign that said "Interns."

Rachel was exactly how I thought she would be, cute and petite, with a friendly smile. Ryan looked like a laid back Californian, which surprised me, because I thought he would be a little nerdier.

This group of interns were more like a family than friends. We looked out for each other, laughed together, took care of each other, cried together, fought together and worked together. I will never forget my experience in Washington D.C. I know I will miss the experience of having this huge family that I've grown to love.

ROCKHANS.COM IS ATTENDING THE  
UNIVERSITY OF ALASKA FAIRBANKS TO STUDY  
POLITICAL SCIENCE



# The United States Capitol

By: **Nina Eliassen**

## *First Session*

Every country in this world has established a city to be its capitol, a place which serves as the headquarters and represents the ideals of that nation. In the United States our founding fathers thoughtfully designated Washington, D.C. as our nation's capitol. Many of the most historic and significant buildings in the U.S. line the streets of D.C. These century old buildings contain much of our history. One such building, the Capitol building, was carefully constructed and continues still today to greatly serve the United States. For almost two centuries it has housed the meeting chambers of both the Senate and the House of Representatives. It has managed to withstand being rebuilt, restored, and extended since its beginning in 1793. It continues to stand strong, and continuously reminds us of the freedoms we have been granted, and the ideals of our founders that still prevail today.

Throughout my life, I have considered myself to be very fortunate for the opportunity to live in the U.S. and have U.S. citizenship. Since kindergarten, I have happily stood up each morning, for 13 years, at school



*Rocki, Kim, Heather, Lizzie, and Nina in a quick "Kodak moment" before going to work.*

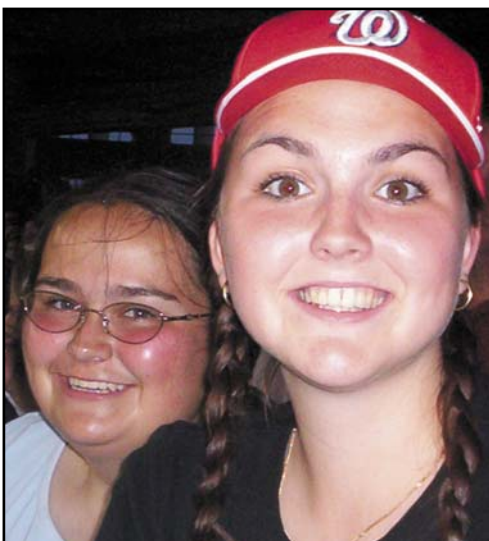
and dutifully recited the Pledge of Allegiance. With this repetitiveness, the concept of "liberty and justice for all" has become instilled in me. Over the years, I have been able to realize the extent of my rights and freedom. While I exercise my Amendment rights on a daily basis, I take these freedoms for granted. I have the ability to do almost anything I choose whether it is speaking sporadically, writing ridiculously, outfitting myself outrageously, or acting absurdly.

During my stay in D.C., I have been able to observe the government in action. I have had the extreme privilege of speaking with lobbyists, attending committee hearing, observing debates and votes from the senate gallery, and giving Capitol tours to constituents. In response to being assigned the role of tour guide, I began to frantically read any and all books about the Capitol building and government in general. As I was literally clueless about who sat where in the senate chamber, what the paintings

in the Rotunda symbolized, and how the building was laid out, I grabbed any book in a desperate attempt to educate myself, in hopes of not greatly embarrassing myself on future tours. I quickly became engrossed in what I was reading, and began to understand how certain aspects of government worked. I became more aware of the significance and importance of our government officials, and how great the responsibilities of the senators and representatives are. I have also realized how our founders thoughtfully planned our government, and the importance of the Capitol building itself. The Capitol building represents what our country has strived to achieve, a democracy with freedom for all.

I feel extremely privileged to have had this opportunity, and I can not express how much this internship has helped me to gain a better understanding of the legislative system.

★ ★ ★  
NINA ELIASSEN IS ATTENDING WESTERN  
WASHINGTON UNIVERSITY TO STUDY POLITICAL  
★ ★ ★  
SCIENCE



*Nina and Tracy can always be counted on for a smile, especially at a baseball game*

# Small Town Girl Goes to the City

By: Tracy Welch

## First Session

As I packed my bags to get on the airplane to go to Washington DC, I was asked, "are you sure that you still want to go, because if you don't want to go, you really don't have to." I admit that it was tempting to stay home and live in the protective bubble called Petersburg for a few more months, but I knew that I would never forgive myself for passing up the opportunity to intern for a United States Senator. So, I got on the plane, and I have discovered that it was the best decision that I have ever made.

Since arriving in DC, I have had many eye opening experiences. Excitement follows us wherever we go. The start of our exciting trip in DC started approximately 20 minutes after we had congregated in the baggage claim together to collect our belongings. It turned out that we had two vans to fit 12 people and the luggage of 8 girls and 2 guys. In the end, we managed to pile in, assured that the luggage on our laps would only be there for the 10 minute ride to GWU. As it turned out, that 10 minute ride



Tracy, Kim, Rachel, Rocki, Melissa, and Cindy sit down for a quick bite to eat at Uno's Pizzeria before returning to their hectic schedule of work at the Hart Senate Office Building

turned into a two and a half hour tour around the city after the bridge that we were supposed to take was closed and we got lost.

In the time that we have spent together as a group, we have collectively had enough excitement to fill a lifetime. We have had the opportunity

to do most of the things that tourists do, and much more. In the short time that I have been here, I have had the opportunity to shadow Senator Murkowski twice, sit in on a committee meeting, sit on the Senate floor, watch a few votes, meet many Senators, answer phones and take constituent messages, and too many more things to list.

Some of the most exciting things that have happened to us have nothing to do with our internship, we were simply in the right (or wrong) place at that time. For example,

we have had a member of the group stuck in an elevator for 45 minutes and have to be rescued by the fire department, been in a building that had to be evacuated because of a bomb threat, been a part of a conga line getting off the metro at the baseball game, seen the hazard suits donned in the office building because of a "suspicious white powder," and been on the big screen at the baseball stadium twice just to name a few events.

As a small town girl going to the "big city," I was worried that I would be lost and alone. I soon found out that I had nothing to fear. Through this internship, I have met a group of people who have become more to me than friends, they have become family. This group and experience will not soon be forgotten in my mind.



★ ★ ★  
TRACY WELCH IS ATTENDING THE  
UNIVERSITY OF NOTRE DAME TO STUDY  
POLITICAL SCIENCE  
★ ★ ★



Tracy Welch enjoying the JSF flight simulators at Lockheed Martin after an informational lunch with a representative



# Achieved My Goal

By: Jeffrey Phillip

## First Session

The first day I arrived in Washington DC I said to myself, "this is as far from home as I am going to get." I felt a little home sick, but I got over it. I knew this was good preparation for college.

The next day the intern coordinators sent us out on a scavenger hunt. It was very hot and hard to see because it was so bright outside. It was cool seeing the monuments, walking around the city and getting to know the other interns.

I thought the first week of work would be hard, but it was easy going. I couldn't remember any of the intern's names the first week except for Ryan, Rachel, Tracy and Casey. We went to go see the Nationals' game and, at first, it didn't seem that cool to me. It was my first time going to a baseball game and once I arrived I got more excited about watching them play.

The second week of work was a little bit harder, but it got easier after I got the hang of the phones. I did



*Nina, Melissa, and Jeffrey are all smiles as the Washington Nationals play the Seattle Mariners*

go to the Exhibit on the Science and Technology supporting our soldiers. I looked at inventory that was on the market for the soldiers and some things that hadn't been released yet.

The White House tour was great. It was not what I expected. I thought the White House would have been a little bigger, but it was still cool because not many people get the opportunity to go inside.

We also had the chance to go to the National Aquarium in Baltimore. The variety of salt water mammals housed at the Baltimore Aquarium was amazing; there were creatures there that we don't see in Alaska. My favorite one was the sting ray. The way it looks, moves and swims was very cool.

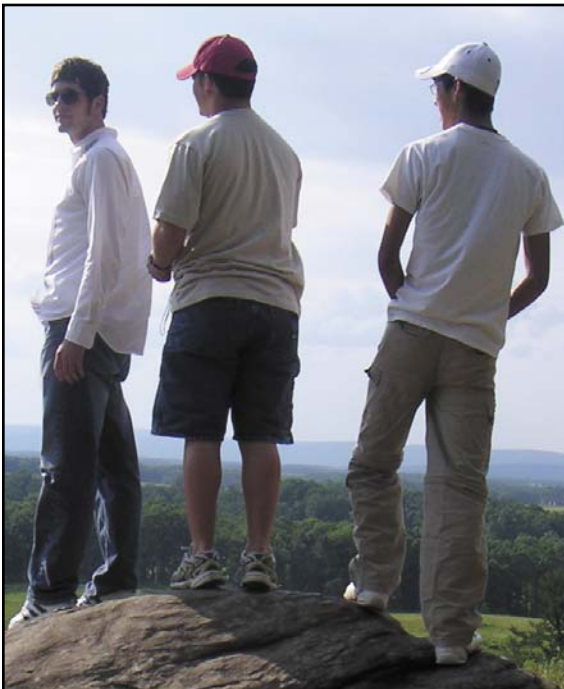
We had the opportunity to visit Lockheed-Martin.

We had the chance to fly in JSF and F-22 flight simulators. The next day we went to the Library of Congress, Washington Monument and the Spy Museum. It was exciting at the Spy Museum. I was amazed at the spy technology of the past and the level of current technology.

Well it has been fun working with all of the staff and interns. I enjoyed making a lot of friends from all over the state and I wish that this internship would not end. We are just getting to know each other. I hope we meet again some time in the future when we are old grandmothers and grandfathers with great grandchildren. I appreciate everything the office staff has taught me and I will miss all of those that I worked with this summer.



★ ★ ★  
JEFFREY PHILLIP IS ATTENDING THE  
GALENA INTERIOR LEARNING ACADEMY TO  
STUDY AVIATION  
★ ★ ★



*Ryan, Casey, and Jeffrey stand on a bluff admiring one of the many battlefields they experienced in Gettysburg*

# Memorable Moments

**By: Lizzie DeYoung**

## *First Session*

At the intern barbecue at Senator Lisa Murkowski's house, I was asked what my most memorable moment was. At the time, I could only think of one, but by the end of my trip, there have been two more events that I doubt I will ever forget.

The first event, which I mentioned at the barbecue, was my experience at the army modernization day exhibits. I had been wondering what course of study I should pursue and ultimately what I would be doing with my life. I had just recently discovered in the past two years that I was interested in political science and history. Before that, I always thought that I would be a scientist or an engineer. This confusion is part of the reason I chose to do this internship. I loved everything that was going on in the office, hearing about policy, seeing the constituents, and watching the law making process. But I was enthralled by the displays at the army modernization day exhibition. There were new portable solar panels that soldiers could carry with



*Melissa, Lizzie, Jeffrey, Casey, and Rocki pose for a quick photo with Olympian Picaboo Street*

them, axle equalizers so that army vehicles could function better on uneven terrain, and ceramic body armor that could stop body piercing bullets. Even though I enjoyed all the political happenings, my response to technological displays was different. The contrast between the two subjects, political science and engineering, has made me realize that although I'm interested in both, I will probably do something in the hard sciences. This experience has brought me a step closer to determining what I will enjoy doing for the rest of my life.

The second event occurred on my second to last day of work. I had chosen to stay later that evening to finish an intern project. I was about to leave when I heard an odd, less than alarming, siren sound throughout the building. I didn't think much of it because the Senate building is full of odd noises. The first time I heard the buzzer for a role call vote, I thought it was some kind of alarm. But apparently, this alarm was serious. The man in the office next to the intern area came out and told me that we needed to

leave immediately. He then led me out of the fire exits and walked me away from the building. It was another stray plane flying in restricted airspace. Even though I was pretty sure there was no threat, the experience is one that I do not want to repeat.

My third experience was probably the most exciting. My family is not full of daredevils. We don't do things for the adrenaline rush. I have never been on a real roller coaster and our last field trip as an intern group was to King's Dominion, a roller coaster amusement park. I went on Volcano: The Blast Coaster and The Outer Limits: Flight of Fear, two of the scariest coasters there. I thought I would scream myself hoarse.

But regardless of these three events, this has been a wonderful trip that I will never forget.



★ ★ ★  
LIZZIE DEYOUNG IS ATTENDING THE  
UNIVERSITY OF WASHINGTON TO DOUBLE MAJOR  
IN POLITICAL SCIENCE OR ENGINEERING  
★ ★ ★



*Lizzie avoiding the sun on one of the few days that she didn't need her umbrella to fend off torrential rain*



# Second Time's a Charm

**By: Cindy Say**

## *First Session*

As I walked out of the Reagan National Airport I was immediately greeted by the humid, sticky, mixing bowl of odors in the air.

The decision to wear jeans and a sweatshirt on the plane was haunting me in the back of my mind. The situation was all too familiar; pouring into a rental car with a group of people I didn't know. I suddenly started to miss the comforts of home that I took for granted in Alaska. However, I knew this trip had to be different; I had to make the most of this impressive opportunity I was selected for. I came to the realization that this internship would be one of the best opportunities I would be offered or even considered for, so I leapt on the plane to one of my least favorite cities in the United States.

I have been asked what has been different with this trip to Washington D.C. To tell the truth, a tourist can only have so much tolerance for walking to the monuments and touring the city. I think that the "magic happens" when a person arrives on Capitol Hill and is taken in by both the engaging and contagious atmosphere. After the first three days of overwhelming homesickness, Washington D.C. grew on me. It was almost like when I came here two years ago I toured a different city. Having the opportunity to shadow



*The first session interns meet with Senator Murkowski one last time before they return home to Alaska*

a respected Senator during a day on the hill was a blessing in disguise. I believe that it is important for the

Hill that work each day to provide American's with a proper and legislative government.

***I wanted to see politics up close and personal with all the drama entwined... I was successful.***

citizens of the United States to realize how much their Senator's actually do for them. This is one of the reasons I applied for the summer internship program. I wanted to see politics up close and personal with all the drama entwined... I was successful.

The staffers in the office never have a dull moment in their day. With Mike upstairs sorting through the rather "interesting" mail, to Ryan and Rachel planning every aspect of our daily activities, the office is never anything but busy. I was able to observe a small, unique community on Capitol

All in all my experiences in Washington D.C. have been priceless. I have met people whom I consider to be close friends, and have been able to be a peon in our rather enormous government.

The Senator and the intern program as a whole have opened my eyes to a whole different world outside of Alaska. Being an Alaskan grown eighteen year old it is easy to choose to be shut off from the rest of the world. However, when a person has the opportunity to make it to the Capitol, his/her outlook is altered. If someone would have said to me a month ago that I would have experienced the things I did, I would have never believed them!



★ ★ ★  
CINDY SAY IS ATTENDING ST. MARTIN'S  
COLLEGE TO STUDY EDUCATION  
★ ★



# Adrenaline Rush

By: Kim Copadis

## First Session

As someone once told me, "The things you don't do in life, you regret later in life." I have lived by this quote for many years now.

Coming to Washington, D.C. has been a forever changing experience for me. Going grocery shopping and being on a budget was probably one of my hardest issues to deal with. I have a lot more respect and appreciation for my parents and everything that they have done for me. Besides having to do my own laundry, knowing what laundry machines work well and what dryers are broken and having to save quarters, I will always look back on this experience with good memories and feelings.

Being able to work in the United States Senate was just amazing in itself.

I will never forget walking by Senators almost everyday, having average



*Kim Copadis and Heather Sheldon; They are so happy to be in DC they can't hide their smiles*

conversations with them, and realizing that they are just like everyone else. However, I do have to admit the adrenaline rush while watching all of the Senators for my first time in the Senate Gallery felt pretty good.

On our third day here, that is probably when I had the biggest adrenaline rush. I will never forget going to an ice cream social and shaking the hand of Picabo Street, Heather, Nina, and I were huddled in a corner, whispering to each other and deciding who was going to go up and talk to Picabo first.

As we were hurriedly grabbing napkins for her to sign, before we knew it Picabo walked right up to us and started shaking our hands. She even brought us outside in the hall and had a semi-private conversation with us and had her photographer take pictures of us. As we were heading back to the office on the Senate subway, I started calling my friends and family back home and telling them my ecstatic experience.

The only other time that I started making a dozen phone calls back home to everyone was as Melissa, Rocki, and I were leaving the Nationals vs. the Mariners baseball game. It

was in the eighth inning of the game that we decided to head back to the dorms. Neither one of us fully understood what was going on, the Mariners were not winning, and we kept receiving dirty looks from people as we secretly cheered for the Mariners. As we got up from our hot, sticky seats, this gentleman stopped us and said, "You three girls were just up on the big screen!" We look at each other and thought how could we have missed it, but we were sitting under the screen. Continuing to walk out of the stadium, all of these men kept waving at us, were saying, "I saw you on the big screen!"

My experiences of meeting Senators, Picabo Street, being up on the big screen at the baseball game, and seeing the spectacular monuments and sites; I will always be thankful that I decided to come to D.C. I will never regret not coming here and never wonder "What if?"



★ ★ ★  
KIM COPADIS IS ATTENDING THE  
UNIVERSITY OF ALASKA ANCHORAGE TO STUDY  
FILM PRODUCTION AND COMMUNICATIONS  
★ ★ ★



*Kim expresses her fear of the "Heavenly Huts" during the return trip from King's Dominion.*



# Where Do I Begin?

**By: Casey Anderson**

*First Session*

**W**ow. So, where do I begin? We have filled these past 4 weeks full of activities but it was the flight and the first day that were the most amazing. It has been such a great and amazing experience. Getting ready to come down to D.C. and live with a total stranger was a little scary at first, but then when I met Jeffrey and found out how nice he was, I was relieved. My next concern was that I wouldn't have anyone to hangout with, but that fear too was quickly laid to waste when our little group met in the Seattle airport. As I came walking off the plane from what had been the longest landing ever (I was still sick with an ear infection and Bronchitis) to find what I would soon discover to be a very close and caring group of friends.

They all asked if I was feeling better and then decided that we should take the remaining 20 minutes of our layover to explore the airport in search of food. So off we went together, Kimberly and Rocki in the lead with Melissa following closely behind and the rest of us in a not so tightly knit



*Casey walking back toward the car at Gettysburg as the girls look at photos in the background.*

The flight from Seattle to D.C. passed uneventfully with us all back in our respective seats. The next thing I new, I was leading a group of 5 or 6 of us towards what I hoped was the baggage claim. Little did we realize we were walking past our waiting intern coordinators. Finally we all met in the baggage claim and Ryan and Rachel introduced themselves. We

spent about 2 hours making what we were later told to be a 10 minute drive. Once we finally got to our dorms and unpacked, we all met in the hall to quickly decide that we weren't going to get up until noon the next day when our first of many exciting events was planned.

The next morning I woke up around 8:45 to discover that Rocki had already gone and found the Safeway. After a

while they came out and joined me in the hall. They were both very nice and friendly. As the morning progressed and more people woke up they filed into the hall for better introductions. We were slowly starting to break the awkwardness of having suddenly been thrown into the mix with 9 complete strangers. After we were all awake we started our scavenger hunt. We were split into 3 groups and sent off to spend the remainder of the afternoon wandering around D.C. This was a great opportunity to meet a few members of the group and it was fun to explore downtown D.C. We returned to a room full of hot pizza and sodas.

When everyone finally went to bed I made my first call to home and then I discovered the computer and big screen television in the basement of our building. That night was the first of many late nights and certainly the first of many great days to be spent with a group of new found friends.

★ ★ ★ ★ ★  
*CASEY ANDERSON IS ATTENDING COLORADO  
STATE UNIVERSITY TO STUDY POLITICAL SCIENCE*  
★ ★ ★



*Casey rides in style on the subway under the Hart Office Building*

# Objective Completed

**By: Heather Sheldon**

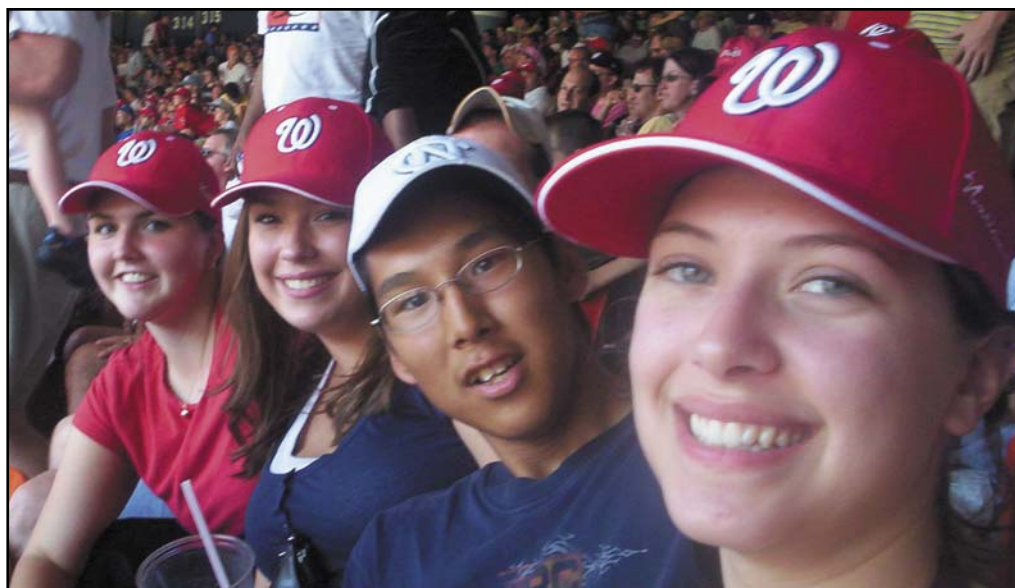
## *First Session*

Summer time is a time for sun bathing and swimming, camping trips and BBQ's. A time for relaxing under the stars at night, and taking a picnic in the park, for most people anyway. However, when it comes to being an intern for a Senator in D.C., your life tends to be a bit more hectic.

I applied to be an intern for Senator Murkowski because I thought perhaps it would give me a better understanding of how our government works, and whether I would like to major in Political Science. My objective was clear; discover the world of our government and politics.

Here I am, my session almost over, and the last few weeks have flown by like I couldn't imagine. Looking back on everything that I have seen and done during my stay here, it is amazing to think that I have experienced so much in such a short amount of time.

I have walked from one end of D.C. to the other and seen all of the monuments, both in day and night time. I have been struck in awe at the mere



*Nina, Melissa, Jeffrey, and Heather enjoying one of the National's inaugural season games*

sight of the White House from across a park.

## *I've grown up a lot, and I'm ready to face the world*

Although I have had the opportunity to go to many places and meet a lot of people, there were a few things that stuck into my mind more so than others. My favorite was the Lockheed

and Martin luncheon. I used to dream of being a fighter pilot in the Air Force until my eye sight became very bad. The meeting at Lockheed Martin allowed me to peak into that world [of my dream]. These planes are equipped for anything and everything.

The F-22 is about 15 years advanced in its technology. Not only did we get to hear all about these jets, but we also got to try out simulators for each. We got to take off, land, spin around and shoot targets. It was the coolest.

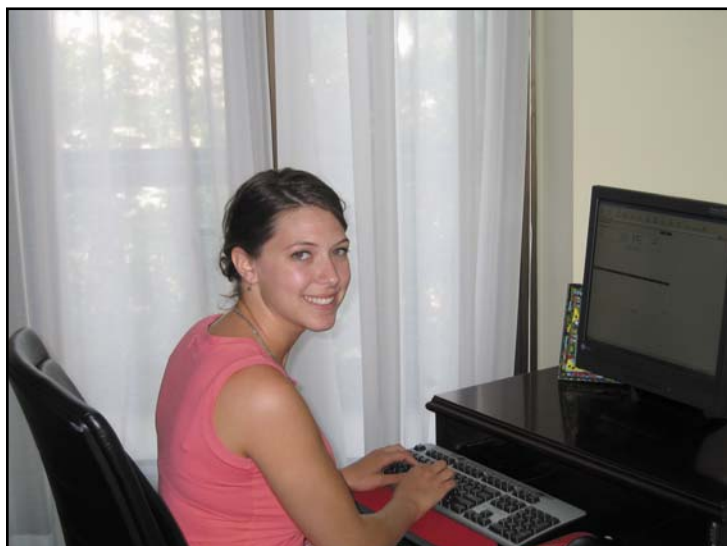
There have been so many wonderful things that we have been able to partake in, I couldn't even begin to reach the tip of the iceberg. I have had the great opportunity to get to know 9 other Alaskan teens and I have made friends that will last a lifetime. I have appreciated this rare opportunity to live in D.C. and immerse myself into a completely different culture and lifestyle.

I have discovered the world of our government, and I have fallen in love with our Nation's Capitol. I've grown up a lot, and I'm ready to face the world. Oh, and when I run for President don't forget "Vote for Heather!"

Objective completed.



★ ★ ★ ★ ★  
*HEATHER SHELDON IS ATTENDING WESTERN  
WASHINGTON UNIVERSITY WHERE SHE WILL STUDY  
POLITICAL SCIENCE AND THEATRE ARTS*  
★ ★



*Heather hard at work at the Senators's desk; a rare opportunity*



# My New Perspective

**By: Melissa Aspelund**

## *First Session*

My month in Washington D.C. turned out to be one of the best experiences of my life. I was given a great opportunity to see first hand how our country's system of government is organized and administered, visit famous monuments and museums, and create many crazy memories with my new friends.

Although our jobs at the office wouldn't be considered all too glamorous, it gave us a great opportunity to rub shoulders with the great men and women who create the laws of our country. Our somewhat restricted free-reign of the Capitol Building allowed us the opportunity to meet many senators as they walked by or rode the senate subway. Unfortunately, our knowledge of senators was pretty limited since high school graduation rid us of any basic memories of government class, so we quickly discovered the wonders of [www.senate.gov](http://www.senate.gov). This site gave us a quick bio of each senator so that we could save our excuse of ignorance for other more important issues, like getting lost in restricted areas in the capitol.



*Rocki, Melissa, and Kim put on their best faces for a picture in Gettysburg*

Several times a week we were able to take a couple of hours to tour the city and sample the culture and history of Washington D.C. Some of the places included the White House, the Capitol, and the Pentagon. One of my most memorable moments was our trip to the Kennedy Center to watch an infamous performance of "Hecuba", which was a riveting tale filled with death, mourning, and a blind man with an uncontrollable nasal passage and a slobbering problem, which was quite a disturbing thing for the members of our group to wake up to after napping during the play. The play itself was monotonous, but just having the opportunity to watch ANYTHING in the Kennedy Center was a great experience.

Many of my fondest memories come from fun times spent with my friends.

The first weekend we were here, the intern coordinators took us to RFK Stadium to see the Nationals play the Mariners. Since it was my first real baseball game, and I wasn't quite as fanatical as some of my other intern buddies, two of my friends and I chose to take three seats up in boonies. We had a blast cheering for Ichiro, al-

though I was afraid we'd get shot since we were the only people cheering for the Mariners within a one mile radius. We must have looked like idiots because NONE of us knew ANYTHING about baseball. We couldn't even tell what the score was for most of the game until a slightly annoyed Nats fan had to point out that the point value was derived from the

runs, not the hits. We had our day in the end though because, unbeknownst to us, we ended up on the big screen! We had a great time that night, and even though our knowledge of baseball didn't improve, we had a great girl bonding experience over a big plate of nachos and a good time.

This internship has given me even more than I expected. Not only did I gain a new love and appreciation for the political process of our country, I absolutely fell in love with the city. The energy of D.C. was addicting. It was such a humbling experience to work in the epicenter of our country and watch firsthand as the legislative process we only read about in school was being accomplished right before our eyes. I will now be able to enter college with a new sense of purpose and a new perspective on one of the finest cities in our country.



*Senator Murkowski accepts a gift from Melissa and poses for a quick photo*

★  
★ ★ ★  
MELISSA ASPELUND IS ATTENDING STANFORD TO  
★ ★ ★  
MAJOR IN INTERNATIONAL AND ENVIRONMENTAL  
★ ★ ★  
STUDIES

# Senator Stalking 101

By: **Melissa Falcone**

*Second Session*

The first time we met with Senator Murkowski, she told us, “senators work for their constituents, so don’t be afraid of them. They work for you.” Well, that’s an empowering thought, but that never stopped me from staring in admiration whenever I found myself getting off the Senate Subway, only to see Senator Kerry walk within five feet of me.

One of my favorite pastimes while interning would have to be what has been dubbed “Senator stalking”. I would stand in the Senate Reception Room, waiting patiently with my camera in hopes of getting my picture with a senator. For the first couple weeks I got pictures just from chance encounters,



*Melissa, Katelyn and Katie take time out of their busy weekend schedule for a photo behind Union Station*

***“...Senators work for their constituents, so don’t be afraid of them.”***

intern for?” After my response, they’d often ask about Alaska and what I did for fun. They weren’t just being polite, they really did want to

know. Many said that they had been to Alaska, and that they really wanted to go back sometime soon. Fishing was always a great topic of conversation, as well as hiking and the weather.

It was amazing to meet the people who speak for the American people and try to help their states prosper. I had a wonderful time during my internship, and I can’t wait to come back in the future.



MELISSA FALCONE IS ATTENDING GONZAGA  
UNIVERSITY TO STUDY ENGINEERING



*Melissa is happy to be riding the DC Metro system instead of walking in the summer heat*

but as the summer session came to a close, the reception room was aglow with the flashes from all the cameras.

The thing that surprised me the most was that even when the senators didn’t have the time to take pictures, they would never be rude and shove us aside. More often than not their staff was telling them that they didn’t have the time for pictures, but the senators would still pause for a moment and we’d get one quickly.

While standing next to the senators and waiting for the picture to be taken, they would talk to us and ask us little things about ourselves. One question that I was asked by every senator was, “Who do you



# Nominations and Excitement

By: Alexei Painter

## Second Session

Our session came at an exciting time for the Senate, and that made my internship experience exciting. During the month we were here, a new Supreme Court judge was nominated and enormous highway and energy bills were passed.

There was always something happening, and decisions were constantly being made that affected the spending of millions, if not billions, of dollars.

During the second week we were here, President Bush nominated John Roberts to the Supreme Court.

All day, from the time Bush announced he had chosen a nominee, people speculated about who he had chosen. I was surprised that Senator Murkowski had no better information than what her aides saw on TV. In fact, a couple of hours be-

fore the announcement, she was given profiles of two nominees who seemed to be the final candidates and neither turned out to be the nominee.

The next day, while shadowing Senator Murkowski, I saw Judge Roberts, flanked by Secret Service agents and

pestered by reporters, enter the Capitol for the first time as a nominee. It was an incredible experience to witness the news as it took place.

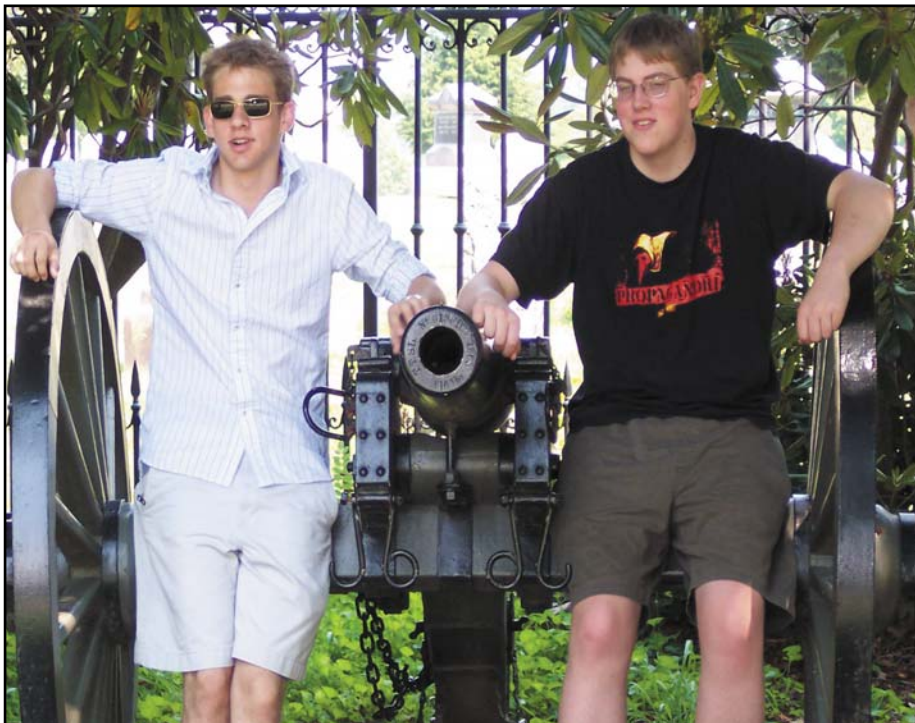
Another major event taking place was the finalization of the highway and energy bills. Senator Murkowski was on the conference committees for both bills, so she and her staff were constantly working on them. While shadowing, I listened to the Senator and her top staffers choosing how to allocate tens of millions of dollars to Alaska, and I saw how quickly these decisions must be made.

After viewing all of this excitement hands on, I realized how lucky I am that I got this opportunity in

Washington D.C. I will never forget my time here and all of the events that happened that will change history.



*Luke, Drew, Ted, and Alexei take a break from the stress that goes with being a second session intern*



*Drew and Alexei sit in the shade during a trip to Gettysburg; Alaskans can't handle the heat*

★  
★ ★ ★  
ALEXEI PAINTER IS ATTENDING GEORGE  
WASHINGTON UNIVERSITY TO STUDY POLITICAL  
SCIENCE  
★ ★ ★

# Shadows and Flashes

**By: Megan Gregory**  
**Second Session**

Having the opportunity to intern in Washington D.C. for Senator Murkowski has probably been one of the best experiences I'll ever have.

It's been great working for Senator Murkowski and getting a feel for the political world. I would have to say my favorite part of the internship was shadowing Senator Murkowski.

I really enjoyed following her to committee meetings and having the opportunity to follow her on to the Senate floor while she was presiding. Senator Murkowski also gave all of the interns a dome tour at the Capitol. Being able to tour the dome was extraordinary because not many people get the opportunity to do it.



*Katie, Megan, and Melissa enjoy a relaxing evening at Senator Murkowski's house for the annual intern BBQ*

I really enjoyed meeting other senators. Although I have to admit it was not easy meeting up with them. At times I thought it was impossible. I don't know how many times I visited Senator Clinton's office trying to schedule an appointment to get a picture with her.

One of my memorable moments would have to be when I was walking out of Senator Clinton's office upset because we still weren't able to get a picture and my friend Shana and I ran into Donald Trump who just happened to be paying Senator Clinton a visit the same time we were. We were so excited we could barely talk.

Even though we didn't get to meet Senator Clinton that time it all worked out in the end. A few of the interns and I decided we were just going to go wait outside the senate floor to meet the senators we hadn't had a chance to

meet. We figured it was the last day we would have a chance since the Senators would be at recess and they had about fourteen votes that day so we

***"...one of the best experiences I'll ever have."***

were bound to run into them at some time. We actually did meet up with Senator Clinton who was more than happy to take a picture with us. We also had the chance to meet Senator Kerry. Overall its been a great experience and I am really happy to have had the opportunity to come to Washington D.C. this summer.



*Megan and Katelyn can hardly contain themselves as they take a quick photo with Senator Barack Obama*

★  
★ ★ ★ ★ ★  
MEGAN GREGORY IS ATTENDING THE UNIVERSITY  
OF ALASKA SOUTHEAST TO STUDY POLITICAL  
SCIENCE  
★ ★



# Duality in the Capitol

By: Katie Senter

## Second Session

When working in the Capitol, one unavoidably spends a considerable amount of time riding in an elevator. During this internship, I have especially found this to be true. With the office located on the seventh floor, and the additional fact that I found running errands all over the Capitol far preferable to the dreadfully boring and monotonous autopen, I can confidently say that I frequently spent the better part of countless work days in vertical transit in one or another of the several elevators placed conveniently all over our Nation's massive Capitol.

Any where else in the United States, riding in an elevator is a common place occurrence, hardly worthy of any particular note. Here, in the auspicious place reverently referred to as The Hill, stepping into an elevator is like entering a strange new world; a serene cubicle haven removed from the hustle and bustle that is the defining characteristic of working here. However, as much as riding an elevator here is surreally peaceful, it is certainly unsettling.

Outside of the elevator's mechanical doors, everyone from the loftiest Senator, to the lowliest page is most

likely to be found striding purposefully and importantly about, accomplishing those various tasks that keep our Nation's government functioning. On the outside the atmosphere is hectic, loud, and swift. As soon as the doors glide to a close, however, the busy world is abruptly shut out, as silence and solemnity reign supreme.

It is only there that the omnipresent business of governance suddenly and completely comes to an unbroken still.

Akin to attending a funeral, all who enter an elevator here are affected with

***"I am more aware now than ever before of the seemingly intangible force that is our Nation's government."***

a somber dignity, as talk ceases, and all motion is suspended in favor of standing unmoving with head bowed and hands clasped in front of the body.

Occasionally the silent reverence of an elevator is broken, however, when this happens, it inexplicably feels as taboo as laughter at a wake. I wish that I could understand the reasoning behind this strange transition that occurs as soon as you step onto an elevator. However, it, like so many things

that happen here, can only be described and probably will never be understood.

Although, riding the Capitol's elevators is most likely the oddest experience to be had here on the Hill, it is certainly not the only one. To me, however, it is the most definitive. In fact, on a larger scale, I would venture to compare entering any of the buildings here, from the House to the Senate offices, to the Capitol building itself, is like gaining admittance to a foreign country. A country where everyone is attired in their so-called business formal wear, and because of the air conditioning a jacket is often welcome even if on the outside it is



*Ted, Melissa, and Katie enjoy lunch and air conditioning at the prestigious Capitol Hill Club*

one hundred and ten degrees. Admittance to this strange place also requires an instant change of frame-of-mind, because from nine o'clock in the morning to six in the evening, all aspects of a person's personal life are put on hold, and it is time to work. Interning here, I have found that for five days of the week it is almost as if I am living two separate lives; one lived outside of the hill, and one lived on it.

For all that this experience has certainly been strange to me, I can honestly say that I am glad to have undergone it. Although I have often felt like more of an observer than a participant, I am more aware now than ever before of the seemingly intangible force that is our Nation's government. No longer is it the faceless entity that controls my life and this country. As vast and incomprehensible as the system still may seem, even after a month immersed in the culture of the Capitol, just like the unexplained mystery of one of its elevators, it is easier to describe than to understand.

★ ★ ★  
*KATIE SENTER'S CURRENT ENDEAVOR IS  
UNKNOWN, BUT MY STAFF AND I WISH HER  
THE BEST OF LUCK*  
★ ★ ★

# Chilling in the District

By: **Katelyn Baldwin**

## *Second Session*

Certain moments define your life, and it's not always the ones you expect. For me, it was the feeling of sailing through the wind on my bicycle for the first time, without training wheels. My dad gave me a push and I was off, into the world, on my own and I loved the feeling, even at six.

This past month I was thrust back into that memory. As soon as I stepped out of the airport, without my luggage (thanks to Alaska Airlines forgetting to load it in Anchorage), I was consumed by a muggy, unfamiliar atmosphere. A little unsure but very excited, I stepped into a new way of life which I have, by the end of this experience, come to love.

Living in Washington D.C. is intoxicating, especially during the peak of the summer with interns flowing in and out of the capitol buildings. Whenever there was a vote, I would



*Katelyn, Megan, Melissa, and Shana rest after a busy day in the heat of Gettysburg*

hustle down to the capitol subway, hoping to catch a glimpse of a senator on their way to the floor. I often found myself sitting beside older men in fancy suits making casual conversation, only to realize they were senators as they left the subway and became encompassed by a media entourage. I bade them farewell in awe as they headed toward the senate floor to create new policies, only realizing after the fact their state pin on the lapel, the well known mark of a senator.

What I have grown to love about D.C. is the constant bustle of activity. I admit it got pretty exhausting always putting your best foot forward. But it was worth it, because as my sometimes wise intern coordinator Ryan told me on the first night, make as many contacts as possible, because internships in D.C. in the future is all about who you know. So I took that to heart, and it's made this experience a lot more worthwhile.

I leave this vibrant city with fond memories. Etched into my mind are

the smiling faces of senators on the subway, the view of the district from the top of the capitol dome. I leave with an acquired (and unfortunately expensive) inclination for Starbucks frappachinos, and as cliché as it may sound, the desire to make a difference in the democratic process now that I have seen what it takes.

But what I will remember most about this internship is the camaraderie of my fellow interns. Although we didn't go everywhere together, (supposedly past intern groups traveled in herds) we were always there for each other. The past month has been a whirlwind of committee hearings, eclectic people, fantastic ethnic cuisine, and most of all good company.



*Katelyn at her best after attending the filming of CNN's "On The Story" at GWU's film studio*

★  
★ ★ ★ ★ ★  
*KATELYN BALDWIN IS ATTENDING STANFORD  
TO STUDY POLITICAL SCIENCE AND FOREIGN  
RELATIONS*  
★ ★



# A Capitol Experience

By: Drew Gully

## Second Session

When I was first preparing to embark on my adventure to the nation's capital, I never imagined the immense effect my experiences would have on my life. I never knew that the short four weeks I spent amongst some of the most powerful people in the world would help to shape my future. I think that most of the office staffers will remember me as the computer boy, for fixing the looming problem with CAPCOR, but those aren't the things that I will remember the most. I will recall doing research to assist workers in Alaska who may not have been receiving fair wages from their employers, or shadowing the Senator in her daily routine. I will digress however and say a little chuckle will remain in the back of



Drew playing it "cool" in the shade during the second session visit to Gettysburg



Despite the 85 degree heat; Luke, Melissa, Haley, ALEXei, Katelyn, Shana, Drew, Megan, and Ted pose for a picture in front of one of the cannons near the entrance to the Gettysburg memorial cemetery

my mind for a certain staffer with a cursed computer.

***"While Washington DC is about working hard, it's also about having a lot of fun."***

While Washington DC is about working hard, it's also about having a lot of fun. During the internship we were able to tour historic sights, national monuments, and of course catch a Nationals baseball game. Living in close quarters with your coworkers proved to be a challenge for some, albeit in the end we all grew to appreciate each others company and cherish the friendships that have been created. Finally, perhaps

what I will remember most about the month spent in DC are our intern coordinators Ryan Cherry and Rachel Cramer. They both went above and beyond their duty to provide a rich and meaningful experience for all of the interns, and their praises go beyond words. Washington DC is a special place, and I feel truly fortunate to have been given the opportunity to experience its glory first-hand. Thanks to Senator Murkowski and all of her staff for such an enriching experience.



DREW GULLY IS ATTENDING THE  
UNIVERSITY OF WISCONSIN MADISON TO  
STUDY POLITICAL SCIENCE



# A Rude Awakening

By: Shana Kim  
Second Session

Senator Lisa Murkowski's internship program offers insight into the political arena as well as a preview of the working world. The opportunity to witness the government in action was extraordinary. Observing senators interact with each other, their staff, and their constituents showed me that they are not only law-makers but regular people. This experience has taught me importance of how cooperation among people can lead to remarkable accomplishments. Working in the Senate building, there are many exciting, knowledgeable events, but the internship is not all work and no play.



Shana, Megan, Melissa, Rachel, Katelyn, Katie, and Haley before "Hairspray" at the Kennedy Center

Washington D.C. possesses many different activities from viewing monuments to watching a movie, Screen on the Green. The third week on Friday in the city, the group of interns watched a movie at Georgetown and toured around the memorials and monuments at night. We were all exhausted when we came back to the George Washington dorm room. So we went to bed. I was sleeping in my cozy bed when I heard a blaring, piercing ringing sound. I was disoriented. I looked at the clock to find out the time was 8:30 A.M. I could not figure out where the noise was coming from or identify the sound. After about 30 seconds, I realized that the ringing was the fire alarm! I know when there is a fire the only important action to take is to quickly exit the building, but I did not do that right away. The only thought in my mind was first to find my purse with my money then rush out of the dormitory. D.C. is an expensive city to live in and with a tight budget I was concerned about my money. I

found my purse and I ran towards the staircase. We all walked one block away from the building to keep a safe distance. After about 35 minutes

***"D.C. is an expensive city to live in, and with a tight budget, I was concerned about my money."***

outside, we enter the building to discover one of the occupants moving out accidentally hit the fire alarm. All the interns were so tired from the previous night and having to wake up in that manner at that time was unpleasant, but I will remember that event for a long time.



Ted and Shana in a Marshall pose in front of the John Marshall statue in the United States Supreme Court

★  
★ ★ ★ ★ ★  
SHANA KIM IS ATTENDING BOSTON  
UNIVERSITY TO STUDY CHEMISTRY AND  
ECONOMICS  
★ ★



# Preparation for the Future

By: Haley Leder

## Second Session

When I was accepted to the Senator Murkowski internship, I was not exactly sure what to expect. Of course a huge part of the internship for me was going to be observing the workings of the Senators office and watching national politics in action. But I had lived a fairly sheltered life in Fairbanks, Alaska, and I was unsure what it would be like going across country to live and work with complete strangers for a month. As someone who has pretty much known the same group of school mates for the last twelve years, I found the prospect of an entirely new social territory exciting but also a little



*Alexei, Ted, Katelyn, Katie, Shana, Haley, Megan, Luke, Melissa, and Drew take a break in the shade to avoid the sweltering heat as they wait patiently in line to enter the United States Archives; one of their various tours*

intimidating. Despite my naivety, I quickly learned many skills that will be priceless as I continue to enter new social environments.

The first lessons I learned involved adjusting to dorm life.

At the office, I was pleasantly surprised to discover that the staff wasn't nearly as formally distant as I had feared. Staying late after hours with the Senator and some of staff eating pizza was one of the coolest experiences I've ever had. And it suddenly hit me that life outside of Alaska wasn't really that intimidating anymore. I was not leaving my family life behind; I was simply making another family in my new (albeit temporary) home.

Not everyone got along perfectly together... but how many of us actually have a family that functions perfectly? We did learn to live and work together though, and that alone has provided me with more experience in the last month than my entire high school career has in the last four years.



HALEY LEDER IS ATTENDING MOUNT HOLYOKE COLLEGE TO STUDY INTERNATIONAL RELATIONS



*Haley and Drew give their best pro "file" for the camera*

### Rule number one:

If food is left anywhere in plain sight, it will be eaten by everyone in your hall. Any food that is not locked up is considered communal territory whether it's a bag of chips or a jar of peanut butter.

### Rule number two:

If you want any privacy in your room, you must use the lock, and even the deadbolt if necessary. If left unlocked, you will find your door opening at literally every hour of the day. Alarm clocks are almost unnecessary.

More often than not you will find yourself waking to the sound of knocking at the door before your alarm even has a chance to go off.



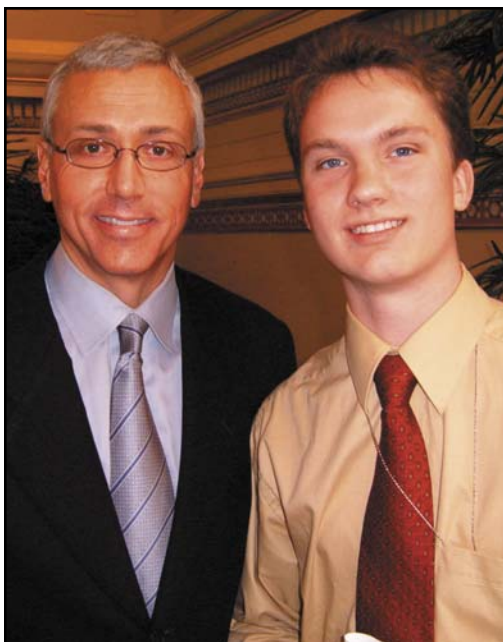
# Shadowing The Senator

By: Ted Madsen  
*Second Session*

Without a doubt my most memorable experience as an intern is shadowing Senator Murkowski.

On our first day with the Senator she took us all to the Senate gallery where we observed two votes regarding amendments to a Homeland Security bill. On the way there a few of us had the opportunity to discuss the implications of the upcoming votes with Senators Murkowski and Pat Roberts, Chairman of the Intelligence Committee.

My first day shadowing gave me an insider's view of the day-to-day schedule of a Senator, committee meetings, constituent pictures, and personal meetings with dignitaries and others. One meeting which



*Dr. Drew Pinsky takes a quick photo with Ted*



*Ted, Luke, and Alexei in the van trying to contain their excitement on the way to King's Dominion Amusement Park*

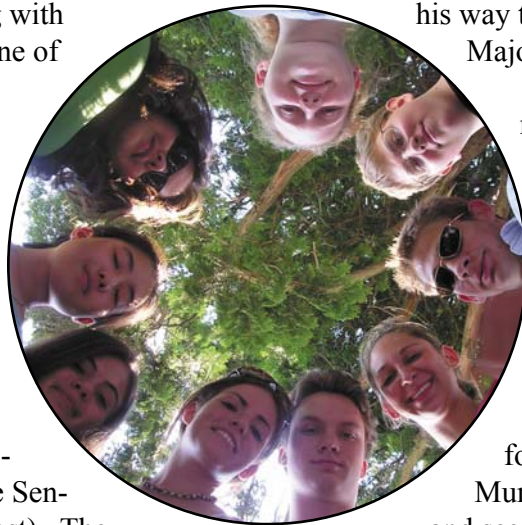
sticks out in my mind is the Senators meeting with Karen Hughes, one of President Bush's top advisors, and at the time a nominee for Undersecretary of State for Public Diplomacy and Public Affairs (she has since been approved by the Senate for that post). The meeting opened my eyes to how top officials work to enhance America's image and reputation at home and abroad.

The following week I had the chance to shadow the Senator once more. This time I and four other interns were on the Senate floor listening to various Senators discuss Judge John Roberts' nomination to the Supreme Court. Speaking of Judge Roberts, we saw him arrive on

the Senate steps later that day, on his way to a meeting with Majority Leader Frist.

While the committee meetings may have been a little dull at times and a few of the other Senators a little long-winded, the experience of following Senator Murkowski around and seeing the issues

from an insider's perspective was a truly eye-opening experience. Thank you all so much for making this internship such a valuable and interesting four weeks.



TED MADSEN IS ATTENDING MICHIGAN STATE  
UNIVERSITY TO STUDY COMMUNICATIONS AND  
INTERNATIONAL RELATIONS



# The Day to Day Work

By: Luke Duddy  
*Second Session*

I could write about the days that I shadowed the Senator, but I am going to write about some of the daily work that was done in the office. It is the normal days that provided some of the interesting experiences.

Reading and summarizing reports for the LAs provided some fascinating information. In the short time that I was here in the Senator's office I have read and summarized three reports: one on the recent surge of constituent mail to Congress in the past few years and two on the Estate Tax, aka the "death tax."



*Megan, Ted, Shana, Katelyn, Melissa, and Luke spend a night out and about with each other in Washington DC*

The reports provided a new prospective of the issues in Congress.

The tasks that have been assigned to us could affect policy. The constituent mail report that I summarized could very well affect the Senator/constituent relations, or the Estate Tax summaries could

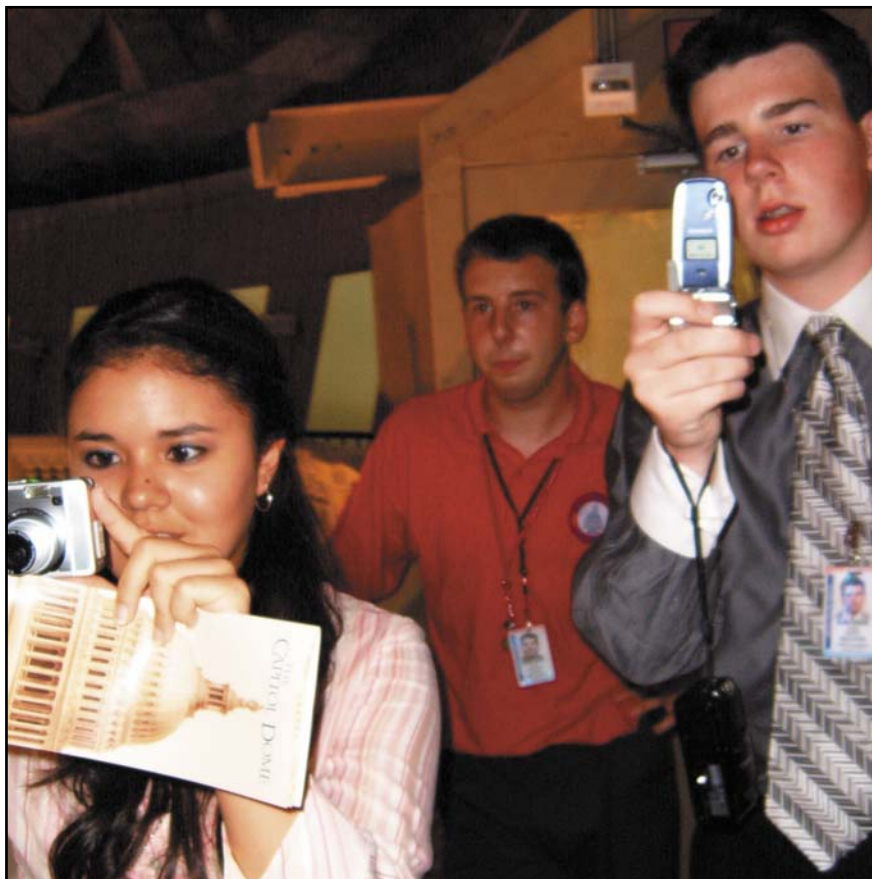
very well fundamentally change the tax code. It is all very exciting and only the future will know how much my work as affected history.

The internship is about assisting and learning from our Senators. It is the work that we did that gives the best insight into the process of the U.S. Senate. It is the work and the research in the weeks before the vote that truly make policy. When the day comes for the vote on the Estate Tax or any other issue that the other interns helped with we can look at it and say to our selves "I was involved, I made a difference on this bill." That is what the internship is about.

***"It is the normal days that provided some of the interesting experiences."***

The work that I have done in the last month is the work that helps the Senator make important decisions on issues. It is the behind-the-scene work that the interns do that makes a difference in our world. We as interns are shaping history in small ways.

★ ★ ★  
*LUKE DUDDY IS CURRENTLY UNDECIDED AS TO WHICH COLLEGE HE WILL BE ATTENDING BUT HE PLANS TO STUDY POLITICAL SCIENCE*



*Megan and Luke take pictures while they go on a once in a lifetime Capital Dome tour*

# *The Office of Senator Lisa Murkowski*

*would like to thank the following sponsors for their support in ensuring the success of the 2005 summer high school intern program*

An aerial photograph of a large park with a long, straight path leading from the foreground towards the city skyline in the background. The path is flanked by lush green trees and grass. In the distance, various city buildings are visible under a clear sky.

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Mr. Steve Silver  
Mr. Raga Elim

*Thank You Very Much*